

THINGS YOU CAN DO TO COMMEMORATE NATIONAL YOUTH HIV/AIDS AWARENESS DAY, APRIL 10

1 Learn the Basics.

[Learn the basics](#) about HIV and AIDS:

- Many young people engage in [sexual risk behaviors](#) that can result in unintended health outcomes.
- Young people aged 13 to 24 accounted for more than 1 in 5 new HIV diagnoses. And at the end of 2012, 44% of young people ages 18 to 24 living with HIV did not know they had HIV.
- In addition to abstinence, limiting your number of sexual partners, never sharing needles, and using condoms the right way every time you have sex, you may be able to take advantage of newer medicines such as [pre-exposure prophylaxis \(PrEP\)](#).



2 Get Tested and Encourage Others to Get Tested, too.

Are you Doing It? Testing for HIV? CDC recommends that everyone between the ages of 13 and 64 get tested for HIV at least once as part of routine health care and that people with certain risk factors get tested more often. After you have [learned the basics about HIV testing](#), you can find a testing center in your area. Use our [Doing It website](#) to find [youth](#) resources and testing locations near you.

- Text your ZIP code to “KNOW IT” (566948)
- Find free, fast and confidential [testing](#) near you
- Call 1-800-CDC-INFO
- Talk to your doctor or health care provider
- Take a [home HIV test](#)



3 Use Your Voice on Social Media.

Show the world that taking charge of your health is important at any age. Post a selfie on April 10 to tell your friends and followers on social media why you are making HIV testing part of your health routine! Be sure to incorporate **#DoingIt** creatively into your photo somewhere, and tag us so we can see your posts!

Use the hashtag **#NYHAAD** to spread awareness day messages about HIV prevention on social media. Here are a few sample messages:

- *Learn how to protect yourself and your partner from **#HIV** **#NYHAAD** **#DoingIt***
- ***#DoingIt** Empower the youth in your life to get tested on **#NYHAAD***
- *On **#NYHAAD**, get tested. **#DoingIt***

Follow federal social media accounts that promote HIV prevention and testing, and share and retweet messages.

CDC:

- CDC Facebook: [Act Against AIDS](#) and [CDC HIV](#)
- Twitter: [@TalkHIV](#), [@CDC_HIVAIDS](#), and [@DrZsaZsa](#)
- Instagram: [Act Against AIDS](#)

AIDS.gov:

- [Facebook](#)
- [Twitter](#)
- [Instagram](#)

Young people across the country will be hosting events to honor this year's NYHAAD and the brand new NYHAAD Bill of Rights—a declaration of the civil rights of young people in the wake of the HIV & AIDS epidemic.

- Support the NYHAAD [Bill of Rights from Advocates for Youth](#).
- Participate in the NYHAAD Thunderclap. The NYHAAD Thunderclap will go live on **April 10th at 2:00 pm ET/11:00 am PT** to encourage individuals and organizations to support HIV prevention. Please visit <http://thndr.me/3MQK57> to sign up! Please share this information with partners, Twitter followers, and Facebook friends.
- Host an NYHAAD event in your community. You can download materials and information for your event here: <http://amplifyyourvoice.org/nyhaad/#nyhaadtoolkit>.
- Promote HIV awareness, prevention and testing on your website, blog and social media channels.